




Infant Feeding Guide



Age	Human Milk	Iron-Fortified Formula	Grains	Fruits & Vegetables	Proteins	Water & Juice	Tips
<div>0-1 mo.</div> <div></div>	<div>~Nurse on demand~</div> <div>At least 8-12/24 hr.</div> <div>Plenty of wet & dirty diapers is normal</div> <div>Skin-to-skin is soothing and helps increase your milk supply</div>	<div>~Feed on demand~</div> <div>1-3 oz. about 8-12 times per day</div> <div>hold and talk to your baby during feeding</div> <div>Let your baby decide when he is full</div>	<div>None</div> <div>Cereal should not be added to the bottle. It will not help your baby sleep better and may be a choking hazard.</div>	<div>None</div>	<div>None</div>	<div>None</div> <div>Your baby will get all the fluids they need from breast milk or formula</div>	<div>All infants taking in less than 32 oz/day of formula should take a vitamin D supplement of 400 IU</div> <div>A sudden increase in hunger may be due to a growth spurt</div>
<div>1-3 mo.</div>	<div>~Nurse on demand~</div> <div>8-12 times/24 hr.</div> <div>Going back to work? Ask WIC about a pump!</div>	<div>~Feed on demand~</div> <div>24-32 oz. in 24 hr.</div>					<div>Newborns will eat often, this is normal</div> <div>Only breast milk, formula or water should go in the bottle</div>
<div>4-6 mo.</div>	<div>About 6-9 times/24 hr.</div> <div>Ask your doctor about an iron supplement</div>	<div>28-45 oz/24 hr.</div> <div>Your baby may settle into a feeding schedule</div>					<div>The American Academy of Pediatrics recommends starting complimentary foods around 6 months of age.</div> <div>Signs that your baby may be ready for foods include: Sitting with little support, opening their mouth and keeping their tongue down when a spoon is offered, and doubling their birth weight.</div> <div>Offering foods before your infant is ready may lead to too much weight gain, increase their risk for choking, and poor breast milk or formula intake.</div>

~Breastfeed as long as you and your baby desire, the American Academy of Pediatrics recommends at least 1 year and the World Health Organization recommends at least 2 years~
~Iron-fortified infant formula may be substituted if breastfeeding is not possible or chosen~

This guide includes recommendations for the average, healthy infant. Every baby is different, if you have questions or concerns call your doctor to discuss.

Key: hr.= hour mo.= month oz.= ounce tbsp. = tablespoon
Jarred Baby Food: 2.5 oz. = 5 Tbsp. 4 oz. = 8 Tbsp. 6 oz. = 12 Tbsp.



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6-8 mo. 	Breastfeed before offering food Nurse 4-5 times/day Breast milk is still the most important food for your baby	Offer formula before other foods 28-35 oz. /day	1-2 tbsp. single ingredient cereal 1-3 times/ day	1-2 tbsp. 1-3 times/day Pureed or mashed Avoid desserts	1-2 tbsp. Pureed or mashed Jarred or well cooked	Water is best 100% fruit juice may be offered (limit to 4 oz./day) Juice should only be offered in a cup	Start with one new food every 3-5 days Signs of allergy may include wheezing, rash, or diarrhea Choking hazards include grapes, nuts, candy, hot dogs and peanut butter
8-10 mo.	3-5 times per day, more if desired	24-32 oz.	2-4 tbsp. 2-3 times/day Iron fortified rice, oat, barley, wheat or multigrain infant cereal	2-4 tbsp. 2-3 times/day Mashed or soft, small pieces	1-4 tbsp. 1-3 times/day Mashed or soft, small bites	 Never offer sweet drinks like soda, Kool-Aid or sports drinks	Eat together & model healthy eating Avoid cow milk (or other milks) and honey for the first year Allow self-feeding as your baby is ready
10-12 mo.	3-5 times per day, more if desired	16-24 oz. Try a cup!	Pasta, rice, toast, crackers and dry cereal	Pears, bananas, sweet potatoes, avocado, squash, peas, applesauce and carrots	Well-cooked or jarred chicken, turkey, ground beef, fish, eggs, plain yogurt and tofu		

To make sure your baby is safe during feeding:

~Never leave your baby alone when eating ~ Wash your hands and all utensils well ~ Cook home-made foods well ~ Never offer high risk foods like unpasteurized dairy ~

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